

# Davis County EnhanceFitness soon to begin



BY MORGANNE HOUSLEY  
DCHD Senior Services

EnhanceFitness is coming to Davis County. EnhanceFitness is a national, evidence-based physical activity program geared to keeping seniors moving. EnhanceFitness focuses on improving cardiovascular health, muscle strength, flexibility, and balance.

A typical class is one hour long and begins with a 5 minute warm up, 20 minutes of cardio, and a 5 minute cool down; followed immediately by 20 minutes of strength training and 10 minutes of stretching.

The EnhanceFitness class caps at a maximum of 25 participants.

Each participant needs to complete a pre-assessment fitness check and fill out the appropriate paperwork. Fitness checks include having the participant perform at least 3 exercises including multiple chair sit to stands, arm curls, and a walking/balance skills test.

Fitness checks and registration will be held August 14-16 at the Golden Years Senior Activity Center in Bountiful. To sign up for a fitness check and registration appointment, call 801-451-3660.

Participants will need to fill out a health history form and personal participant information form at registration. In addition, each participant's physician will be notified with a letter of the enrollment in the class. Please have your physician's information available.

Classes meet on Mondays, Wednesdays, and Fridays. Participants are encouraged to attend as many classes each week as possible. The classes will begin Monday, Aug. 21, 8 a.m., at the Golden Years Senior Activity Center (726 S. 100 E., Bountiful). Registration and fitness check are required before participation. A suggested contribution of \$2 per class or \$15 a month is requested as a donation.

## Upcoming workshops for fall

**Stepping On Falls Prevention Workshop**

Are you afraid of having a fall? Do you feel like you may be at risk for an injury from a fall? Stepping On is an evidence-based program proven to reduce falls and build confidence in older people. Presenters such as a physical therapist, pharmacists and vision experts help you gain specific knowledge and skills to prevent falls.

The Stepping On Falls Prevention Workshop series begins Thursdays, Sept. 14-Oct. 26, 2-4:30 p.m., at the Bountiful Library (725 South Main Street, Bountiful).

**Tomando Control de su Diabetes**

This is the Spanish version of the Living Well with Diabetes workshop and offers the same information for those who speak Spanish. It is a fun, interactive, six week workshop to help people with type

2 diabetes better manage their health. Anyone with type 2 diabetes and speaks Spanish should attend the workshop. Family and friends of those with diabetes also are encouraged to attend.

Tomando Control de su Diabetes begins Tuesdays, Sept. 5-Oct. 10, 6-8:30 p.m., at the Davis Hospital Medical Plaza (1580 West Antelope Drive, Layton).

**Living Well with Chronic Conditions Workshop**

Living Well with Chronic Conditions is a workshop series that educates and helps participants balance and improve their health if they have chronic conditions such as arthritis, high cholesterol, hypertension, obesity, stroke, anxiety/depression, or emphysema. Participants make weekly action plans, share experiences, and help each other solve

problems they encounter in creating and carrying out their self-management program.

The next Living Well with Chronic Conditions Workshop series begins Wednesdays, Sept. 20-Oct. 25, 10 a.m.-12:30 p.m., at the University of Utah Farmington Health Center (165 North University Avenue, Farmington).

To register or for more information on any of these workshops, call Morganne Housley 801-525-5087.

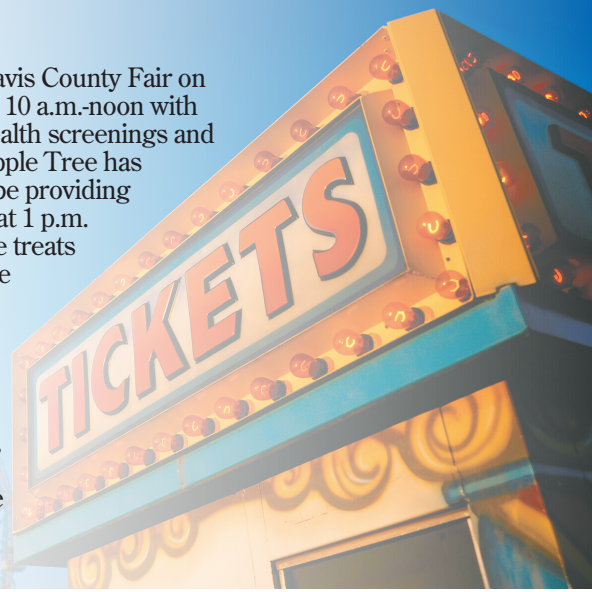
## Senior Day at Davis County Fair

BY JACKIE SMITH  
DCHD Senior Services

Don't miss Senior Day at the Davis County Fair on Thursday, Aug. 17. Activities start 10 a.m.-noon with Davis Hospital sponsoring free health screenings and education. Next, Apple Village/Apple Tree has lined up a guest speaker and will be providing lunch at noon. The fun continues at 1 p.m. with Bingo. At 2 p.m., there will be treats and entertainment provided by the singing group Sunshade 'n Rain.

Pick up your free tickets at the following locations:

- Apple Tree Assisted Living, 565 N. 300 W., Kaysville
- Apple Village Assisted Living, 2600 Hobbs View Ct., Layton
- Davis Hospital, 1600 Antelope Drive, Layton



## Medicare 101 class scheduled during August

Davis County Health Department's Senior Services offers a free one hour class about Medicare options, enrollment, and benefits.

If you are turning 65 or preparing to retire, please join us for the following class:

- Wednesday, Aug. 9,

6:30-7:30 p.m. – Centerville Library, 45 S. 400 W., Centerville

For more information about the Medicare 101 class, contact Marie Jorgensen at 801-525-5086 or mjorgensen@daviscountyutah.gov.

## Caregiver educational classes offered in Davis County

Davis County Senior Services is offering free classes for individuals who care for family members that are older and/or frail.

Classes will be offered at two different locations twice a month throughout 2017. On Tuesdays, classes will be held at Fairfield Village (1201 N. Fairfield Rd., Layton), noon-1 p.m. On Thursdays, classes are at Golden Years Senior Activity Center (726 S. 100 E., Bountiful), noon-1 p.m. A light lunch will be provided at the classes but attendees must RSVP to Megan Forbush at 801-525-

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				<b>3</b> AG – Wire Wrapping 8:30 Tap Dancing 1:30 GY – Craft Class 9:30 Luana's Combo Band 10:30 ND – Movie 12	<b>4</b> AG – Arthritis Exercise 9 Choir Practice 10 GY – Sit n fit 8:30 ND – **Trip to Salmon Bake 4:30-7 p.m.	<b>5</b>
<b>6</b>	<b>7</b> AG – Crazy Quilters 10 GY – Arthritis Class 12:30 ND – Bingo sponsored by Fairfield Village 12:30	<b>8</b> AG – Lapidary 8:30 GY – **Legal Consultation by appt. ND – Blood Pressure Clinic 10:30	<b>9</b> AG – Watercolor 9:30 Memory Magic 10:30 GY – Dancing Grannies 8:30 ND – Card Making 10:30	<b>10</b> AG – Q&A w/ Melba from DCHD Senior Services 11 GY – Caregiver Class 12 ND – Movie 12	<b>11</b> AG – **AARP Smart Driving 10 GY – Line Dancing 9:30 ND – Texas Hold 'em 12 Bingo 12:30	<b>12</b>
<b>13</b>	<b>14</b> AG – Lifetime Fit 9 GY – Dancing Grannies 8:30 Sit n fit 8:30 ND – Old Wives' Tales 11:30	<b>15</b> AG – Lifetime Fit 9 Reiki 10:30 GY – Wood Carving 9 Tai Chi 10:30 ND – Elvis Crossword Puzzle 11:30	<b>16</b> AG – Overeaters Anonymous 6:30-8 p.m. GY – Line Dancing 10 ND – (NEW) Technology Lab 10 Food Bank	<b>17</b> <b>**Senior Day at the Fair</b> AG – Wire Wrapping 8:30 GY – Luana's Combo Band 10:30 ND – Card Games 12:30	<b>18</b> AG – Ceramics 12 Canasta 1 GY – Youth Violin Performance 11:30 ND – Texas Hold 'em 12	<b>19</b>
<b>20</b>	<b>21</b> AG – Oil Painting 9 Bingo 10:15 GY – Pencil Art 9 Stained Glass 9 ND – Lunch w/ Chancellor Gardens 11:30	<b>22</b> AG – Art 9 Chair Tai Chi 10:30 GY – Blood Pressure 10 ND – Blood Pressure Clinic 10:30	<b>23</b> AG – Lunch/ Fairfield Village 11:30 GY – Senior Social 11:15 Positive Aging 5-7 p.m. ND – Art 9	<b>24</b> AG – Reiki 10:30 Tap Dancing 1 GY – Craft Class 9:30 Caregivers Class 12 ND – Card Games / Knit & Crochet 12:30	<b>25</b> <b>**AG, GY &amp; ND August Birthday Party</b> AG – Internet 101 9:30 GY – Tai Chi 9:30 ND – Western Themed B-day party 11:30	<b>26</b>
<b>27</b>	<b>28</b> AG – Lifetime Fit 9 GY – Bingo 12:30 Oil Painting 1 ND – Health Tips w/ Gina 11:30	<b>29</b> AG – Lapidary 8:30 Tai Chi 9:30 GY – Zumba 9:30 Craft Class 12:30 ND – China Painting 9 Line Dancing 1	<b>30</b> AG – Arthritis Exercise 9 Ceramics 12 GY – Ceramics 9 Bingo 12:30 ND – (NEW) Technology Lab 10-12	<b>31</b> AG – Water Ex 9 Lifetime Fit 9 GY – Lapidary 8:30 Arthritis Class 12:30 ND – Knit & Crochet 12:30	<b>Sept 1</b> AG – Choir Practice 10 Bingo 10:15 GY – Watercolor 9 ND – Texas Hold 'em 12 Bingo 12:30	<b>2</b>

**\*\* Call Senior Activity Center to Make Reservation**  
(Note: Not all activities are listed on this consolidated calendar, activities are subject to change)

More than just a Tweet

Our 140 words are just the beginning, not the ending of a story.

AG ~ Autumn Glow (801) 444-2290 81 East Center Street Kaysville, UT 84037	GY ~ Golden Years (801) 451-3660 726 South 100 East Bountiful, UT 84010	ND ~ North Davis (801) 525-5080 42 South State Street Clearfield, UT 84015
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